



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
U. S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE
5158 BLACKHAWK ROAD
ABERDEEN PROVING GROUND, MARYLAND 21010-5403

MCHB-CG-HHD

3 July 2002

MEMORANDUM FOR USACHPPM-HHC Personnel

SUBJECT: Physical Fitness Policy – Policy Memorandum #4

1. Physical training is the most important training that we do on a routine, daily basis. In addition to the physical benefits, physical fitness training promotes leadership, unit cohesion, and esprit de corps.
2. The Commander and the Master Fitness Trainer will provide general guidance during the Company training meeting specifying the area of concentration for PT to be conducted during the week. The PT instructors will then develop the detailed training plan for each day that must contain the following information as a minimum:
 - a. Trainer: The Master Fitness Trainer is responsible for identifying and training the trainer as well as reviewing the tasks, conditions, and standards NLT one day prior to the scheduled training.
 - b. Types of Strength Exercises: To include time standards, number of sets, reps, etc.
 - c. Types of Aerobic Exercises: To include distance, type, and time standards for runs or other aerobic activity.
3. Company PT schedules will be completed by the Master Fitness Trainer and turned into the Commander for approval. Once approved, they will be added to the Company Training Schedule. The trainer will conduct PT IAW the published training schedule. He will have a 3x5 card that outlines the tasks, conditions, and standards that he will read to all soldiers at the beginning of the PT session. The trainer should avoid adding to or subtracting from the published training schedule.
4. All enlisted soldiers will conduct Company PT from 0630-0730 on Monday, Wednesday, and Friday. Officers are authorized to conduct PT on their own, however they are strongly encouraged to participate in Company PT. PT will not end prior to 0730 and will not last longer than 0800 unless approved by the CDR or 1SG. The CDR and 1SG are the only personnel authorized to excuse soldiers from PT.
5. Leaders are charged with the responsibility of ensuring that all PT is conducted safely. Trainers will complete a risk assessment before conducting PT, especially for exercises

MCHB-CG-HHD

SUBJECT: Physical Fitness Policy – Policy Memorandum #4

which have a high probability of causing injury. Leaders must also ensure that reflective belts are worn during all runs and that flashlights are used during PT conducted during hours of limited visibility.

6. Special PT will be conducted for those soldiers who do not meet unit goals for the APFT, are in the Weight Control Plan, or fall out of a Commander's run. Special PT is designed to raise the concerned soldier's level of physical fitness in order to meet Army and Unit PT standards. Special PT will be conducted on Tuesday and Thursday from 0600-0700. The PT should focus on the soldier's area of demonstrated weakness.

7. Profile PT will be conducted during normal PT hours and in the same uniform as the Company. The 1SG will have all profiles fall out prior to the start of PT. An NCO designated by the 1SG will then conduct Company profile PT. Profiles will conduct PT IAW the constraints of their medical profiles. Profile PT will consist of normal exercises and runs and will make use of the gym and pool as necessary.

JOSEPH J. HOUT
1LT, MS
Commanding